

Yoga For Adults

Instructor:Dawne Termini

Age Range: 18-and up

DAYS	START/END DATE	START/END TIME	FEE	SESSION #
Tu,Th	07/15-07/31	07:00-08:15P	\$60	2066-1

Adults will learn Iyengar Yoga - "furniture yoga" reknown for safety, use of blankets, blocks, wall, helps with balance, range of motion. Participants must wear loose fitting clothes and bring water bottles. All equipment needed will be provided by the instructor.

Location: Seasons Change Yoga
136 Main Street
New Britain, Ct 06051